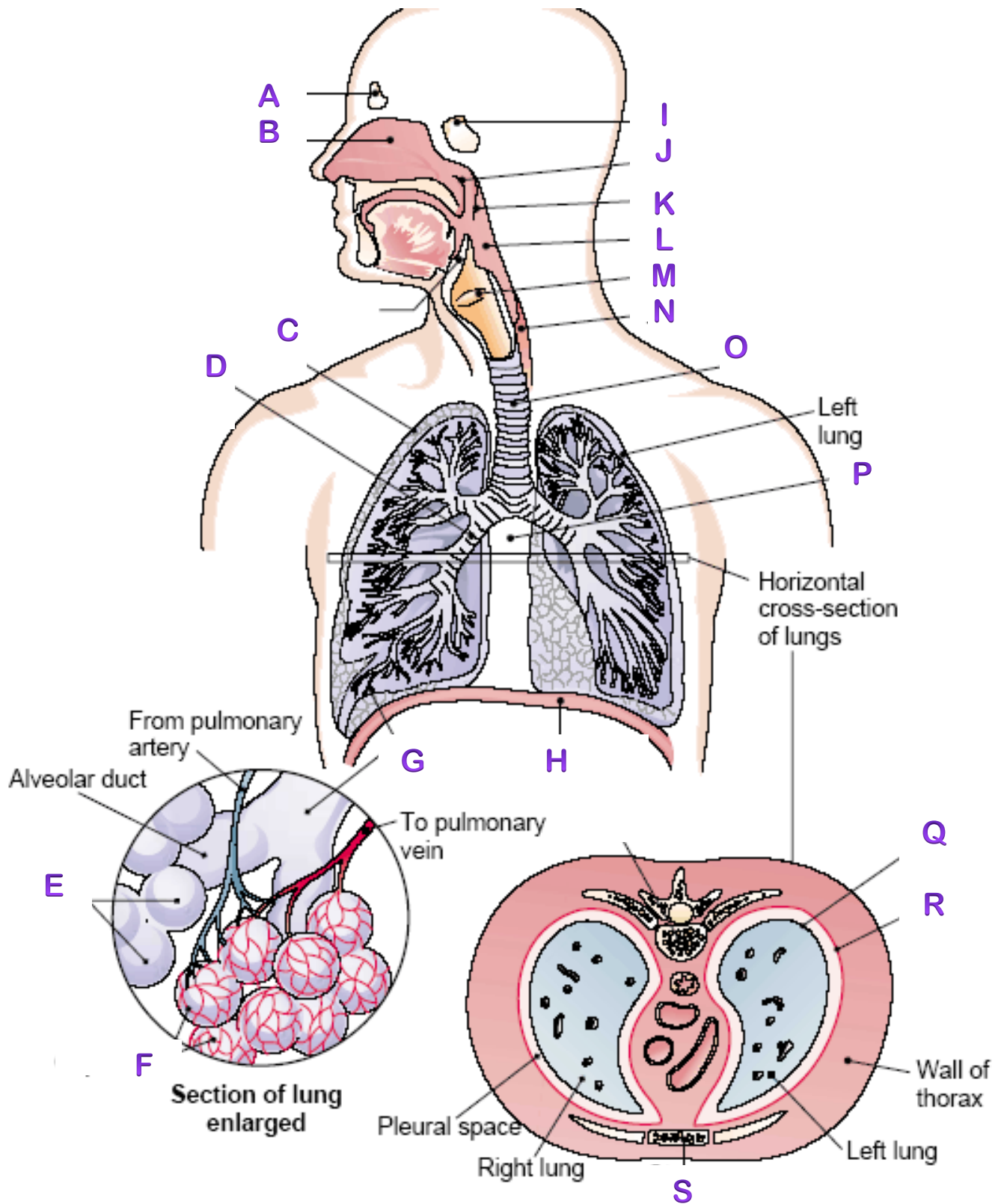
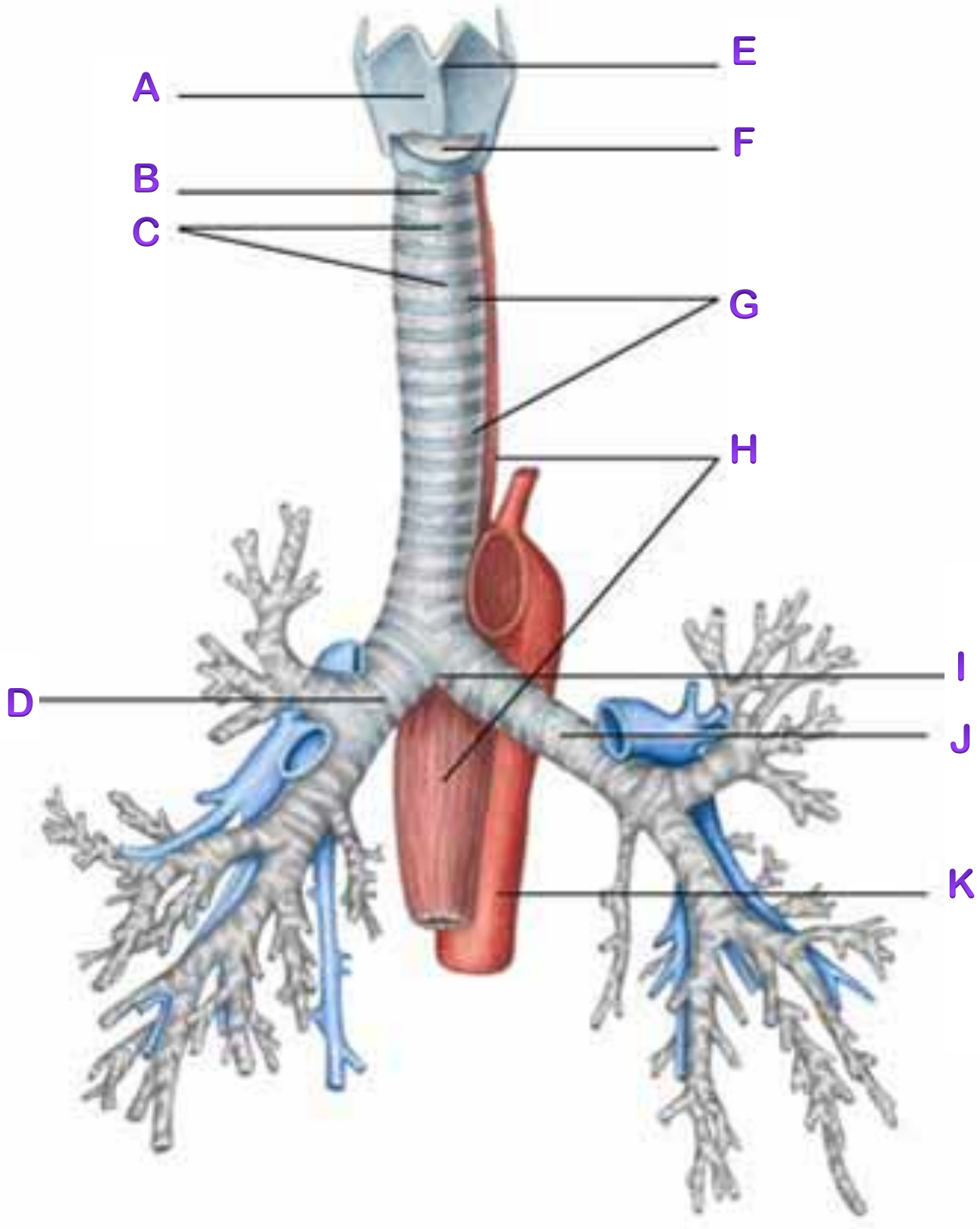


# STATION 1: THE RESPIRATORY SYSTEM



<http://medical-dictionary-medical.com/photos/Respiratory-system.gif>

# STATION 1: TRACHEA



<http://anthropotomy.com/assets/images/part3/50.jpg>

# STATION 1: INHALATION & EXPIRATION

## Muscles of inspiration

### Accessory

Sternocleidomastoid  
(elevates sternum)

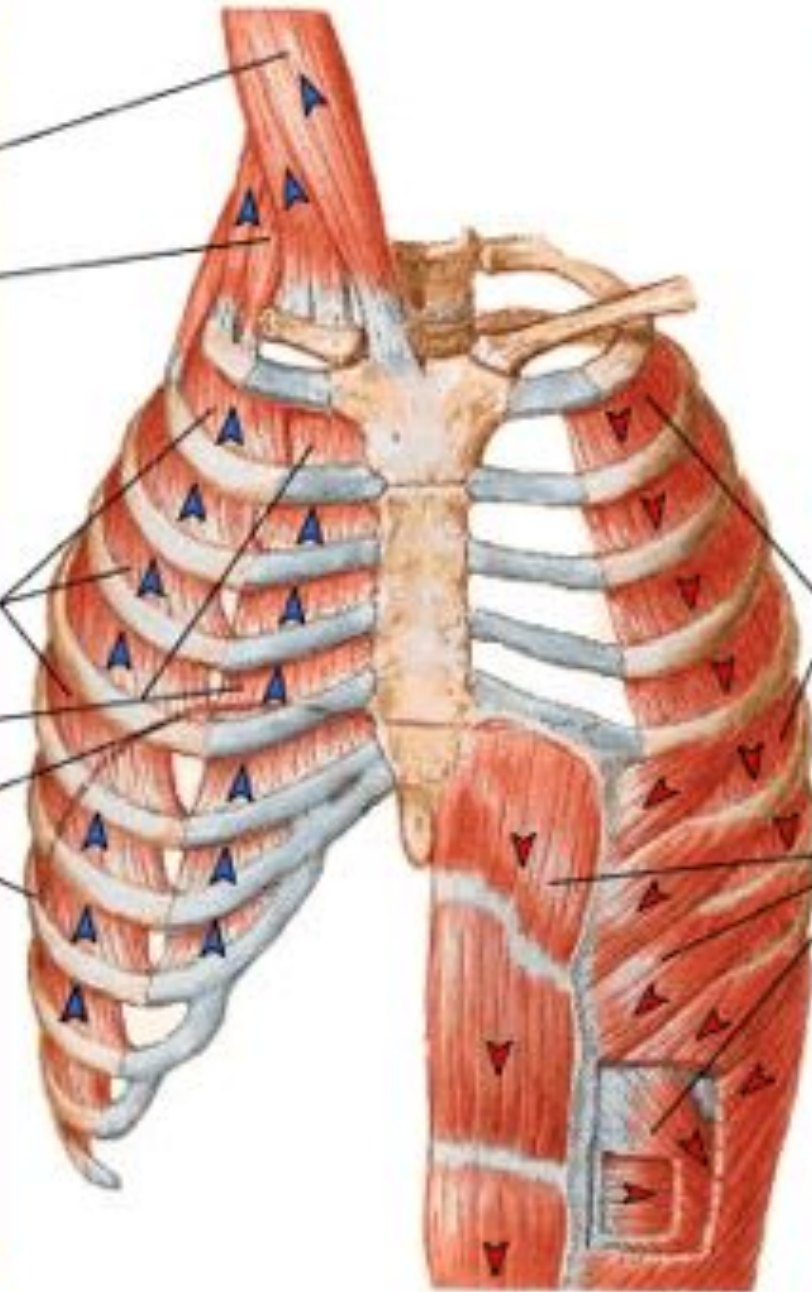
Scalenes Group  
(elevate upper ribs)

Not shown:  
Pectoralis minor

### Principal

External intercostals  
Interchondral part of  
internal intercostals  
(also elevates ribs)

Diaphragm  
(dome descends, thus  
increasing vertical  
dimension of thorac  
cavity; also elevates  
lower ribs)



## Muscles of expiration

### Quiet breathing

Expiration results from  
passive, elastic recoil  
of the lungs, rib cage  
and diaphragm

### Active breathing

Internal intercostals,  
except interchondral  
part (pull ribs down)

Abdominals  
(pull ribs down,  
compress abdominal  
contents thus pushing  
diaphragm up)

Note shown:  
Quadratus lumborum  
(pulls ribs down)



# STATION 1: THE RESPIRATORY SYSTEM

